EXAMEN OF CONSCIENCE

ACCORDING TO THE METHOD OF

ST. IGNATIUS

FOR RELIGIOUS

—

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METHOD OF EXAMINATION OF CONSCIENCE

FIRST PRELUDE.—*Reflect for a moment on the presence of God.*

SECOND PRELUDE.—*Say a Short Prayer*, e.g. "In Thee, O my God! and for Thee, and from Thee and with Thee, in union with the Sacred Heart of Jesus and Mary, I will perform this action and all the other actions of the day."

I.—ACT OF THANKSGIVING.

O MY GOD, I adore Thee, I praise and bless Thee, and I give Thee heartfelt thanks for all Thy benefits; first and chiefly for those conferred on the *Most Holy Humanity of Christ* Our Lord, and on His most *loving Mother*; as also for those bestowed upon the Angels and Saints in Heaven, especially upon my PATRONS, the Saints of my name; as also for all Thy favours so liberally conferred upon the whole human race.

In the next place I return Thee my thanks for all the benefits especially granted to *myself*, both as to *body* and *soul*; for my *Creation*, *Preservation*, *Justification*,

for the Sacraments I have received, my *Vocation* to the TRUE FAITH, as also for N.N. [*recall chief ones*].

Blessed for evermore be Thy almighty power, Thy tender providence, and infinite charity, which has proved itself so gentle, and loving and liberal, towards me each day of my life, and especially TO-DAY. In return for all these favours I offer to Thee, O my God, the praises of the Church Militant and Triumphant, also the merits of Jesus my Saviour, and all that Blood of infinite value, which He poured out of the *Wound of His Right Hand*, when hanging on the Cross.

II.—BEG FOR LIGHT.

O GOD of my heart, I beseech Thee by the most Holy Blood of Thy Son, which ran in a stream from the *Wound of His Left Hand*, that Thou wouldst vouchsafe to grant me abundant grace to DISCOVER, to DETEST, to BEWAIL, and to CORRECT my sins, especially N.; so that at the Day of Judgment I may deserve to be placed by Thy holy Angels, not on the left Hand of my Judge, but on His right. O True Light, which enlighteneth every man that cometh into this world, enlighten my mind.

III.—EXAMINATION.

O LORD, how far have I gone astray from the path of perfection, although my Jesus hath marked it out for me by footprints stained with blood. How often have I again fallen since my last Examination!

PARTICULAR EXAMEN.

Review each hour, or fixed portion of the day.

On rising did I recall subject of Particular Examen? How often have I fallen? or made acts of virtue selected for Examen? Did I put my hand to heart? Mark? Compare?

GENERAL EXAMEN.

AT MID-DAY.

Yesterday Evening's Examen.—How made? Earnestly? Profitably? Marked Particular Examen Card?

Retiring to Rest.—Recalled subject of meditation and its proposed fruit?

Rising.—Prompt? Recalled subject of Particular Examen? Meditation? Made ejaculations?

Morning Prayer.—Said fervently? Recalled subject of Particular Examen? Formed intention of gaining Indulgences

during day? Made offering of Apostleship of Prayer?

Meditation.—Made devoutly, earnestly, trustfully, resolutely, according to method? Definite resolution?

Mass.—Prepared for? Made Acts of Adoration, Contrition, Thanksgiving, Supplication?

Breakfast.—In God's presence? With Thanksgiving?

AT NIGHT.

Mid-day Examen.—Made earnestly, profitably? Marked particular Examen Card?

Dinner, Supper.—In God's presence? With Thanksgiving?

Visits to Blessed Sacrament.—Devoutly, frequently, lovingly made?

Recreation.—Religiously, charitably, cheerfully, politely, agreeably spent?

Rosary and Office of B. V. Mary.—Becomingly, attentively, devoutly recited?

Spiritual Reading.—Earnestly, intelligently, attentively, devoutly read?

Night Prayer.—Piously, attentively, devoutly said?

Preparation for Meditation.—Attentively, earnestly made? Fruit determined?

EXAMEN ON DUTIES OF STATE IN GENERAL FOR RETREATS.

DAILY RELIGIOUS DUTIES.

Free Time.—Spent religiously, usefully, agreeably to others?

Study.—Piously, Seriously, perseveringly spent?

Teaching.—Discharged for God's greater glory? Seriously? Trustfully? In difficulties? Humbly? Perseveringly? Dealing impartially with Children as belonging to Christ? Without particular friendships?

Rules.—Silence? Modesty? Exactitude? Constancy? Attention to little things?

VOWS.

Poverty.—In giving? Lending? Borrowing? Accepting without leave? Retaining? Spirit of poverty cultivated?

Chastity.—Custody of eyes, ears, tongue, etc.? Dangerous reading? Avoidance of dangerous occasions?

Obedience.—In execution? In will? In judgment? Obeyed unreservedly? Promptly? Courageously? Humbly? In spirit of faith?

PRINCIPAL VIRTUES.

What acts of humility? charity? self-denial? mortifications, etc., have I practised?

RELATIONS.

WITH SUPERIORS.

Have I acted in spirit of faith? with simplicity? sincerity? confidence?

WITH EQUALS.

Have I been obliging? polite? upright? agreeable? cheerful? charitable?

WITH SERVANTS OR INFERIORS.

Have I acted in spirit of faith? with charity? humility? kindness.

WITH EXTERNS.

Have I been edifying? useful? serious? agreeable?

WITH CHILDREN.

Have I been zealous? grave? prudent? discreet? pious?

WITH SICK.

Have I been considerate? sympathising?

encouraging ? edifying ? consoling ? helpful ?

N.B.—It is clear that it is unnecessary for each individual to go over all the details of this Examen. Each will easily ascertain the usual faults to which the soul is liable, and will attend specially to these.

WEEKLY RELIGIOUS DUTIES.

Confession.—In it have I been sincere ? exact ? sorrowful ? resolved to amend ? Was it made through routine ? Through custom ?

Communion.—Made with what previous preparation ? Thanksgiving ? Recollection afterwards through day ? Spiritual Communion ?

How unworthy am I of all the favours which my God is ever heaping upon me, of the graces of this very day and of the friendship of so many favourites of God! How many *sins*, *negligences*, *and imperfections* have I again committed ! How slowly have I run in the way of perfection ! May the most Sacred Blood which flowed from the *Wound of the Left Foot* of my Redeemer, wash out the prints of my feet as I strayed away from Him, and from the path of virtue.

IV.—ACT OF SORROW.

WHO will give water to my head and a fountain of tears to my eyes, so that with Magdalen, at the feet of my Saviour, I may bewail my ingratitude, my negligences, and all my sins, more particularly by N. and N. To Thee only have I sinned, and have done evil before Thee ! I am heartily sorry that I have offended Thee, O my God, who art the Sovereign Good.

I am sorely afflicted that I have provoked Thee to anger, who art my *Creator*, my *Redeemer*, my *first beginning*, my *last end !* I am grieved that I have preferred before Thee a thing of no value, for the sake of which I have displeased Thee. and thus HAVE POSTPONED THEE, MY CHIEFEST AND EXTERNAL GOOD, to the most vile creatures. I desire to love Thee above all things created, and would rather lose all things created than even once to have DISPLEASED Thee.

I detest all my sins above all evils of this world, *because they offend Thee*, and Thou dost abominate them infinitely. Oh! that I could grieve a thousand times more that I have offended Thee, O Infinite Goodness ! I fling myself as a suppliant

at the foot of Thy Son, and by the *Wound of His Right Foot* I implore of Thee to say to me as He once said to Magdalen : " Thy sins are forgiven thee."

Confiding in this hope I cast myself entirely into the gaping Wounds of my Jesus, and into the ocean of His Mercy, and by the merits of His Passion I claim forgiveness from Thy bounty. Look upon me and have mercy upon me.

V.—PURPOSE OF AMENDMENT.

O MOST loving Jesus ! from this hour I will satisfy that fond desire of Thy Heart, which for me and for my salvation was pierced on the Cross. I will correct my past sins and negligences, *more especially*, N. Never will I again offend Thee, even in the smallest things, knowingly and willingly, my Sovereign Love ! Confirm this my resolution by the merits of that Blood which came forth from the innermost depths of *Thy Most Blessed Heart*, and which in union with Thy Life, Passion, and Death, I now offer in satisfaction for my sins.

My dear Jesus ! I unite my poor heart with Thine, all wounded and torn. May *Thy Heart* be a hiding-place in which I

may dwell securely. My heart is ready, O my God ! my heart is ready to make atonement for my sins, to adopt the means of correcting them, and of acquiring all the perfection of my holy state.

O God ! be merciful to me a sinner. *Pater, Ave, etc.*

N.B.—*Dwell on those words which are in Italics, especially in the 4th point, on the several motives of contrition.*

PARTICULAR EXAMEN CARD.

In the " Particular Examen " Card which supplements this Examen of Conscience leaflet, under the word " Loss " is registered the number of times the particular fault chosen for correction has been committed—while under the word " Gain " is registered the number of acts of the particular virtue which have been practised.

L.D.S.

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